KeysFitness®

Owner's Manual

1550

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

POWER SYSTEM

215-00008
09/04 Rev B

KeysFitness

Table of Contents

Important Safety Information	3
Before You Start	4
Assembly	5-23
Weight Ratios	24
Weight Stack Sticker Placement	25
Cable View	26
Top View	27
Exploded View	28
Parts List	29
Warranty Information	30

Important Safety Information

THANK YOU for making this Power System unit a part of your exercise program. Keys Fitness and our Power System Series assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Help-line. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

POWER SYSTEM SERIES

QUESTIONS?

CALL

1-888-340-0482

Monday-Friday

8:30-5:30 Central Time

When calling please have the following product information available:

- Product Series
- Model #
- PO # (located on the front of the manual)
- Part Number
- Part Description

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

SAFETY INFORMATION WARNING!

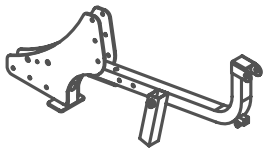
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This Power System unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your Power System unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.

Box 1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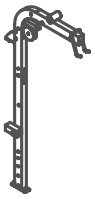
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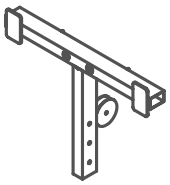
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[10#] 1pc

[12#] 1pc

[13#] 1pc

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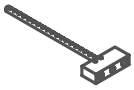
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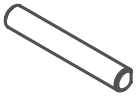
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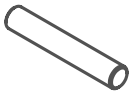
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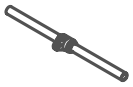
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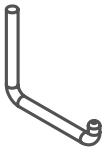
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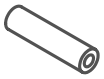
[55#] 1pc

[57#] 3pcS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[65#] 3pcS

[67#] 2pcS

[69#] 4pcS

[70#] 1pc

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[95#] 1pc

[96#] 1pc

[97#] 1pc

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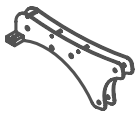

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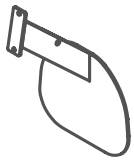

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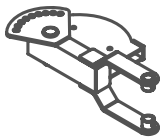

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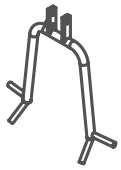

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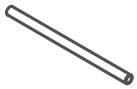


［11#］2pcS

［24#］ 1pc

［27#］ 6pcS

［28#］ 1pc

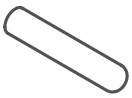
［29#］ 1pc

［32#］ 1pc

［33#］1pc

［34#］ 1pc

［6#］ 6pcS



［38#］ 1pc

［49#］ 1pc

［60#］ 4pcS

［61#］2pcS

［63#］ 1pc

［65#］2pcS

［66#］ 4pcS

［68#］ 6pcS

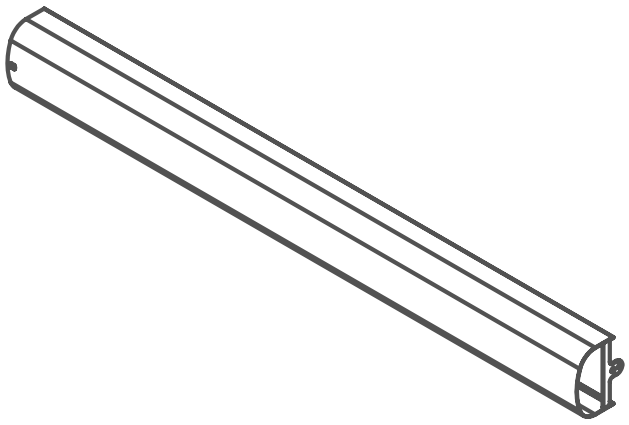
［71#］ 1pc

［76#］ 1pc

［77#］1pc

［78#］ 1pc

Box 3



［20#］ 2pcS

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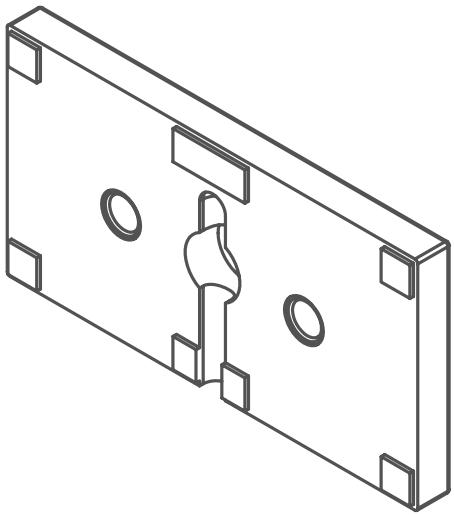

［15#］ 5pcS

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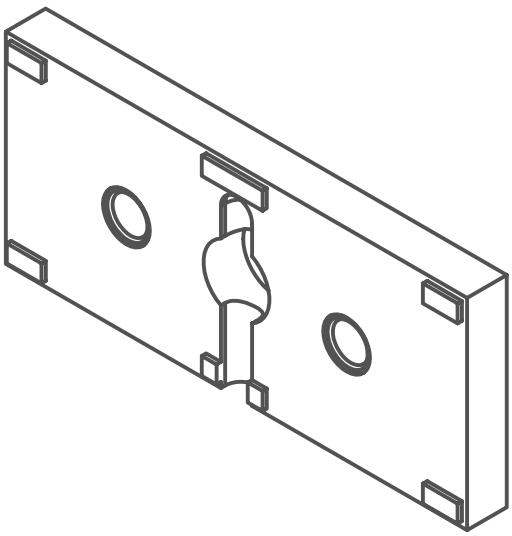

［16#］ 9pcS

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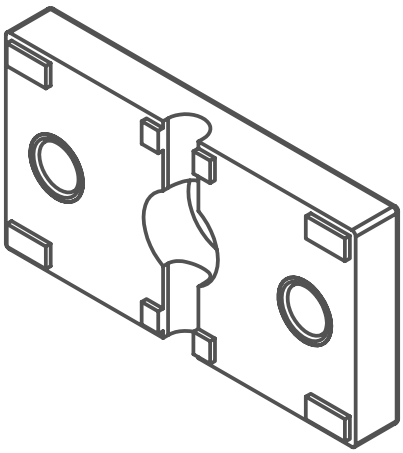
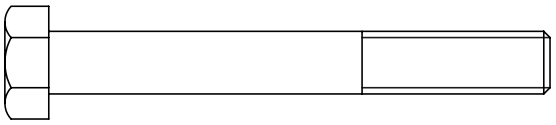
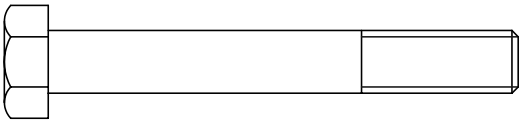


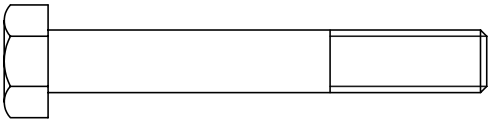
［17#］ 5pcS



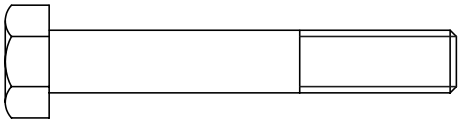
[79#] M10*80 7pcs



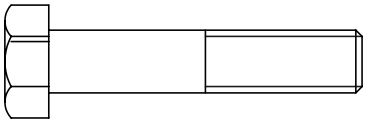
[80#] M10*75 7pcs



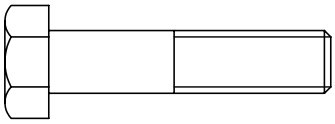
[81#] M10*70 4pcs



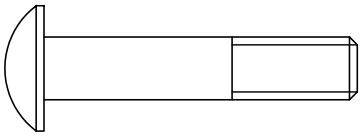
[82#] M10*65 1pc



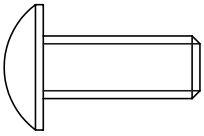
[83#] M10*50 4pcs



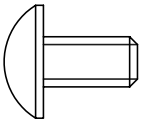
[84#] M10*45 5pcs



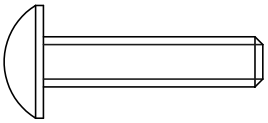
[85#] M10*50 2pcs



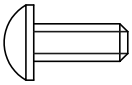
[86#] M10*25 4pcs



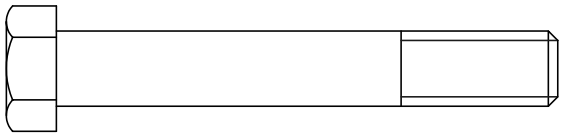
[48#] M8*15 5pcs



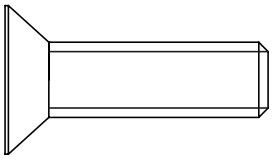
[51#] M8*35 1pc



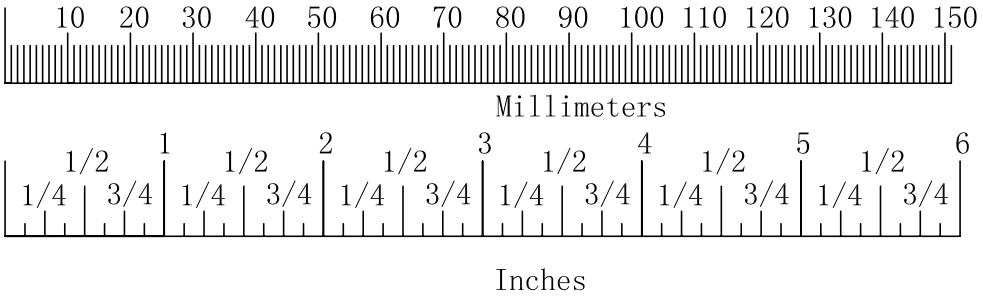
[56#] M6*15 1pc



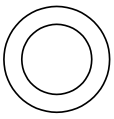
[87#] M12*80 4pc



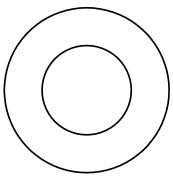
[53#] M12*35 1pc



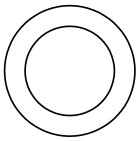
[50#] M8*6 5pcs



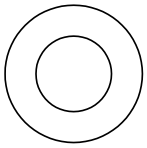
[89#] Ø15.4* Ø10.2*2.6 4pcs



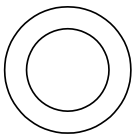
[90#] Ø24* Ø13*1.5 7pcs



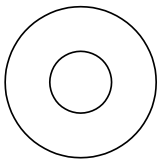
[88#] Ø18.4* Ø12.2*3.1 1pc



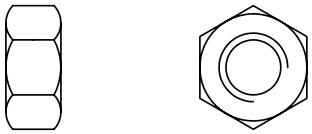
[91#] Ø20* Ø11*2 62pcs



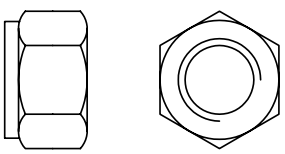
[47#] Ø12.3* Ø8.1*2.1 1pc



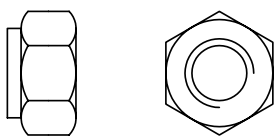
[46#] Ø22* Ø9*2 3pcs



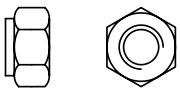
[94#] M10 1pc



[92#] M12 3pcs



[93#] M10 26pcs

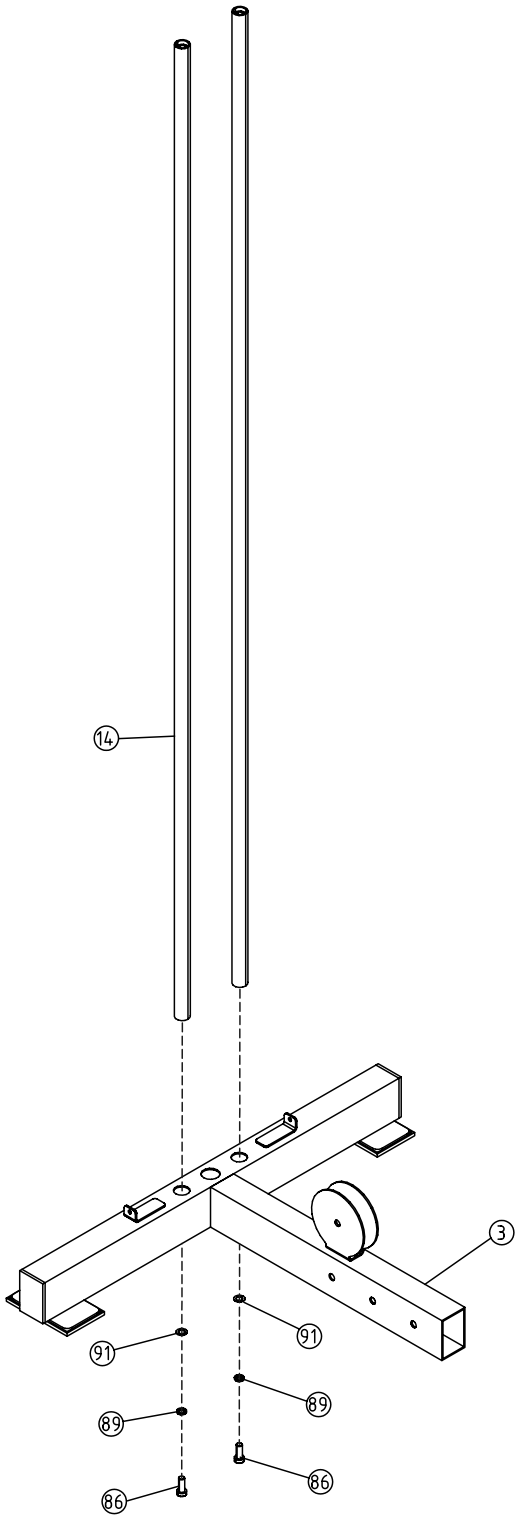


[42#] M6 1pc

STEP 1

Insert the two Guide Rods (14) into Rear Base (3) and secure them in place using two Washers (91), two Spring Washers (89), and two Allen Bolts (86).

Figure 1

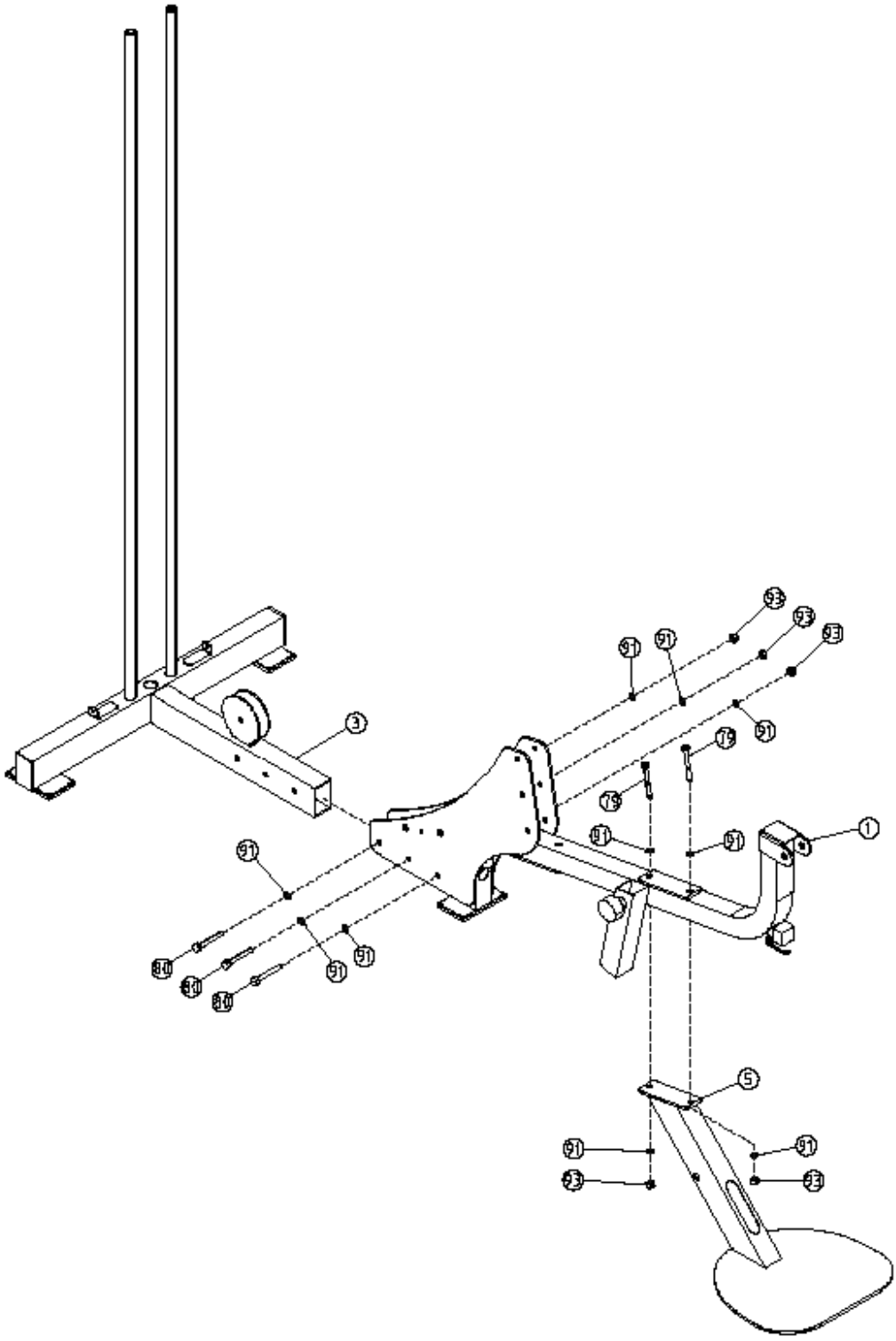


STEP 2

Slide Seat Pad Support Receptacle (1) onto Rear Base (3) and secure in place using three Nylon Locknuts (93), six Washers (91), and three Bolts (80).

Connect Front Upright (5) onto Seat Pad Support Receptacle (1) and secure together using two Nylon Locknuts (93), four Washers (91), and two Bolts (79).

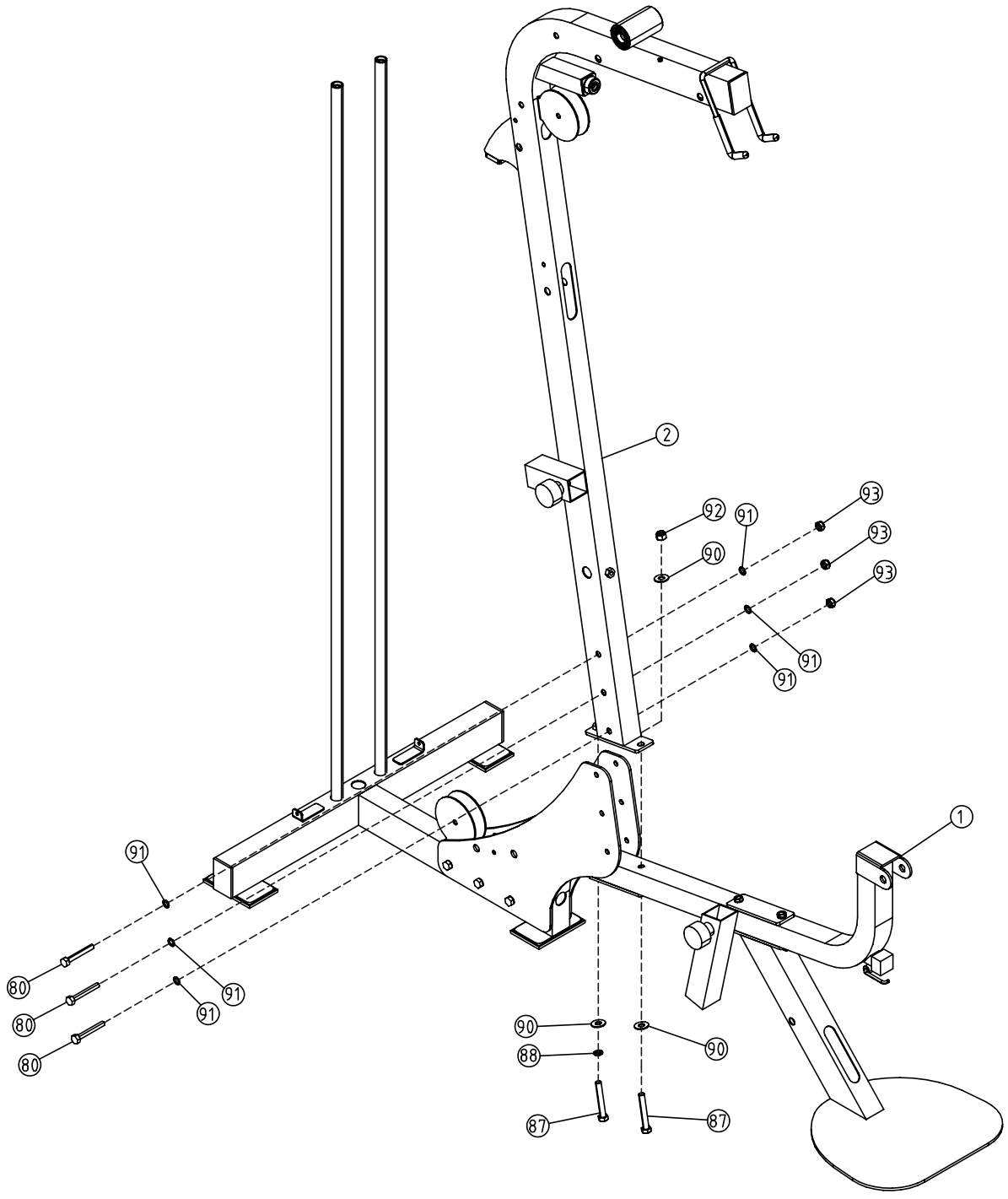
Figure 2



Step 3

Install the Main Upright (2) onto the Seat Pad Support Receptacle (1). Secure it in place using three Nylon Locknuts (93), six Washers (91), and three Bolts (80) on the side. Two Bolts (87), one Spring Washers (88), three Washers (90), one Nylon Locknut (92) will secure it at the bottom.

Figure 3

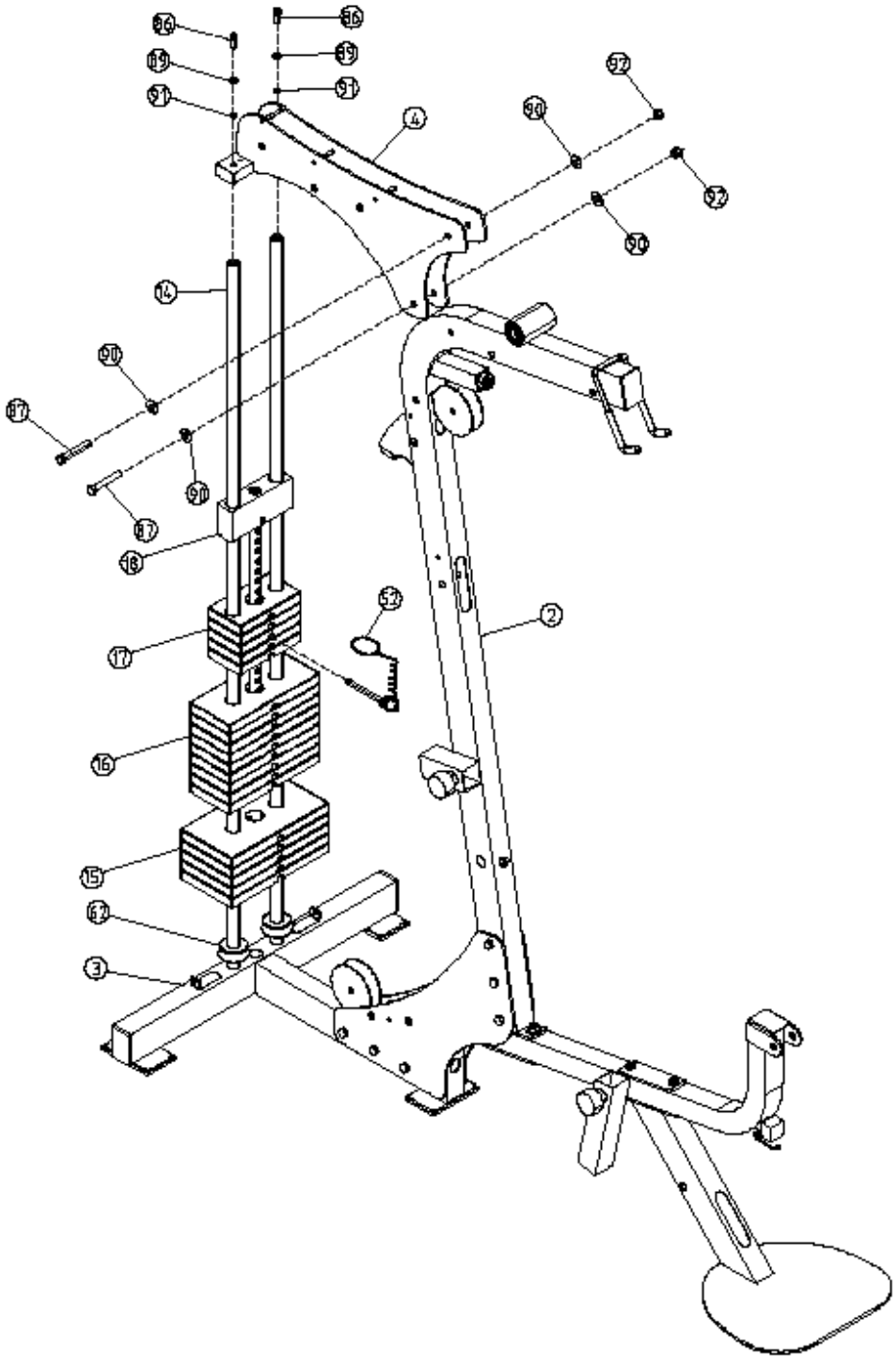


Step 4

Slide one Weight Stack Bumper (62) down each Guide Rod (14). Next, slide the weight plates down the Guide Rods (14) in this order - five 15lb Plates (15), nine 10lb Plates (16), five 5lb Plates (17), and the Top Plate (18).

Insert the Main Top Beam (4) onto the two Guide Rods (14) and the Main Upright (2). Secure Main Top Beam (4) to Main Upright (2) using two Nylon Locknuts (92), four Washers (90), two Bolts (87). Last, use two Washers (91), two Spring Washers (89), and two Allen Bolts (86) to secure the Main Top Beam (4) to the two Guide Rods (14).

Figure 4

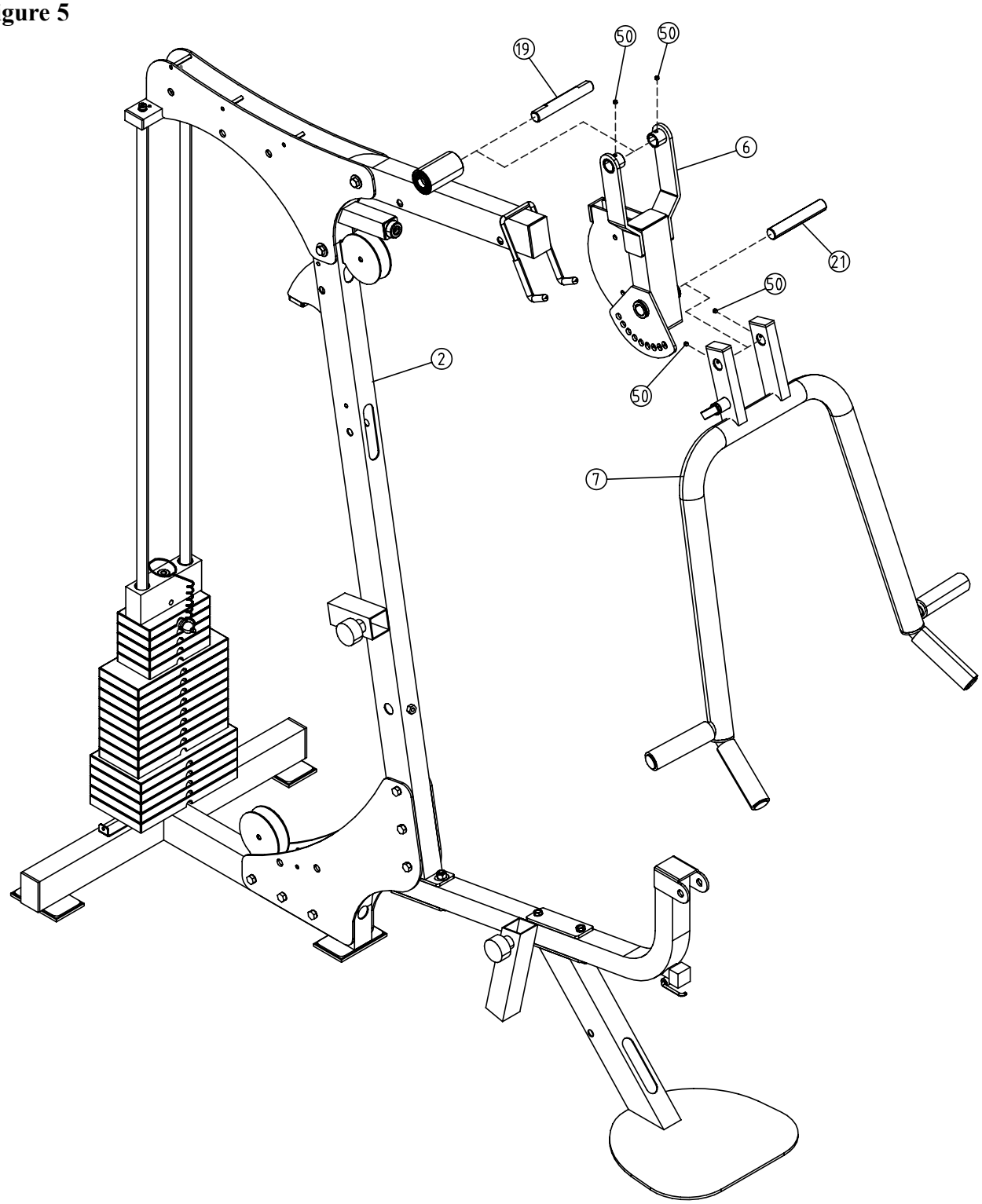


Step 5

Attach Press Arm Support (6) to Main Upright (2) by aligning the holes and sliding the Shaft (19) through. Secure the Shaft (19) in place using two Set Screws (50).

Install Press Arm (7) to Press Arm Support (6) by aligning the holes and sliding the Shaft (21) through. Secure the Shaft (21) in place using two Set Screws (50).

Figure 5



Step 6

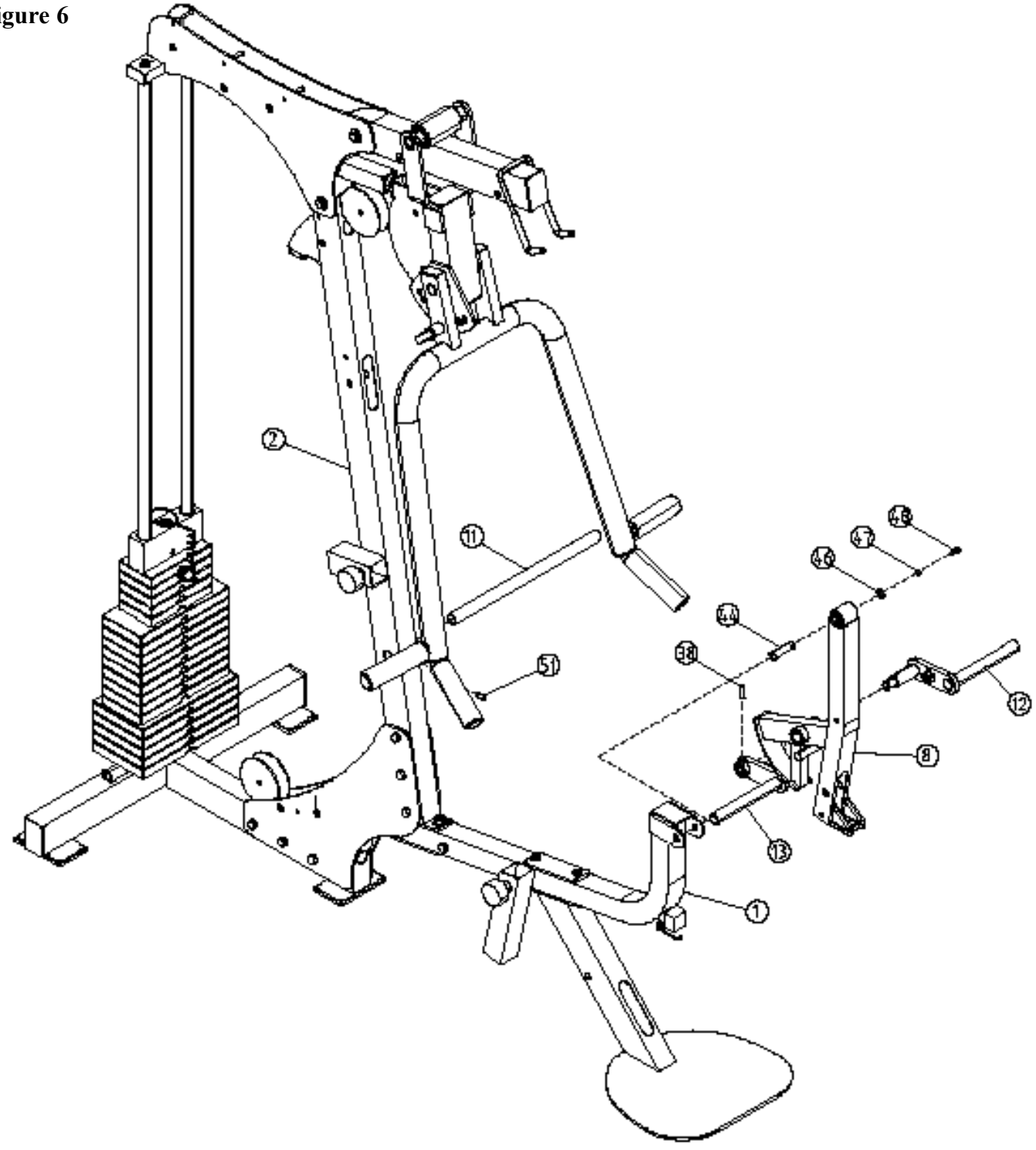
Slide Long Foam Tube (11) into the hole towards the lower part of the Main Upright (2).

Slide the Shaft (44) into top of the Leg Extension Lever (8). Attach Leg Extension Lever (8) to Seat Pad Support Receptacle (1) and secure using one Washer (46), one Spring Washer (47), and one Allen Bolt (48).

Slide Foam Frame w/ Shaft (12) through the Leg Extension Lever (8) and attach the Foam Frame w/o Shaft (13) to the other side. Insert the Slip Tension Pin (38) through the hole where the two foam frames meet.

Note: You may need to use a rubber mallet to install Slip Tension Pin (38).

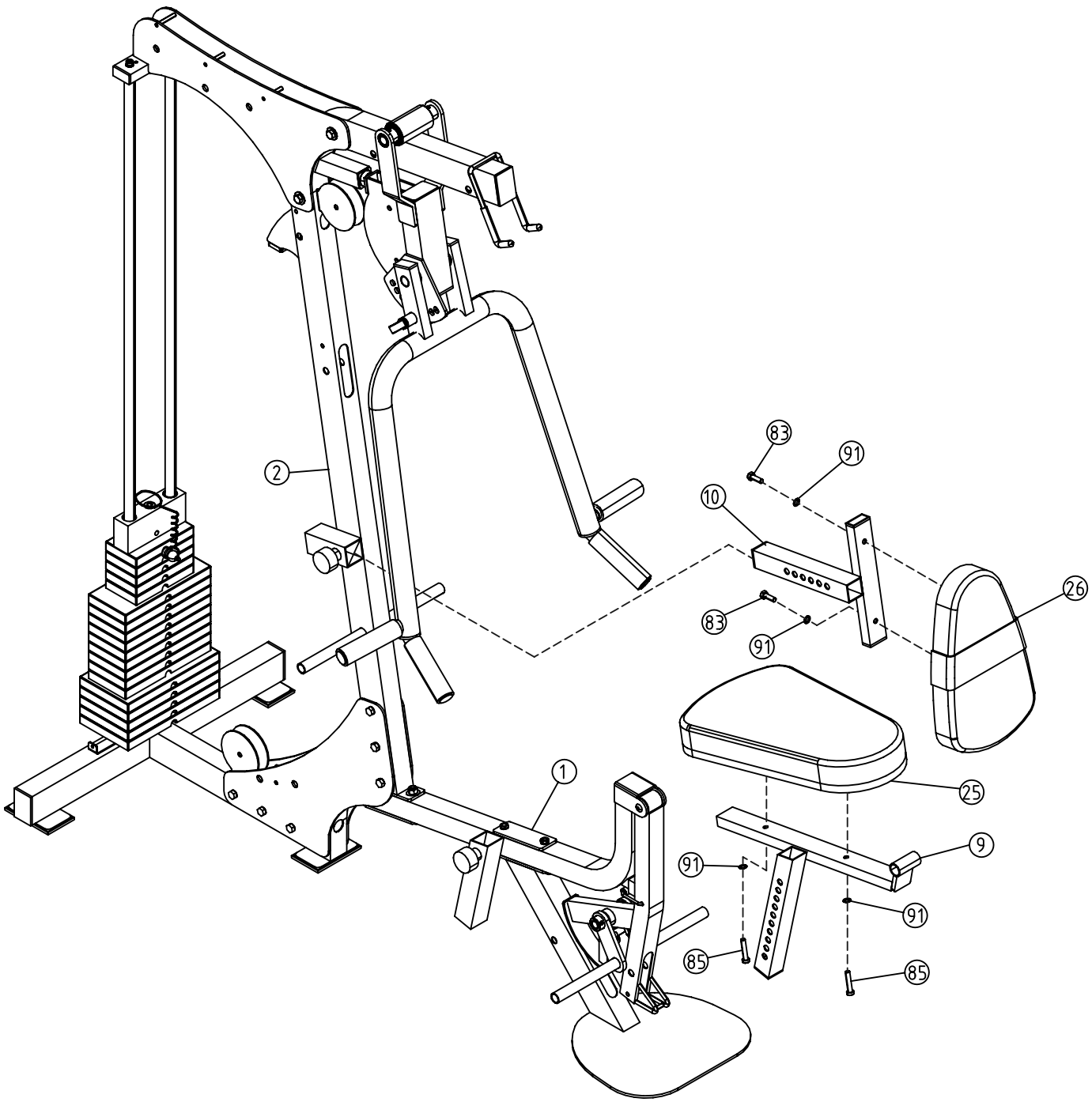
Figure 6



Step 7

Install Seat Pad (25) onto Seat Pad Support (9) using two Washers (91) and two Allen Bolts (85).
Slide the Seat Pad Support assembly into Seat Pad Support Receptacle (1) and secure with Locking Pop Pin (43)

Figure 7



Step 8

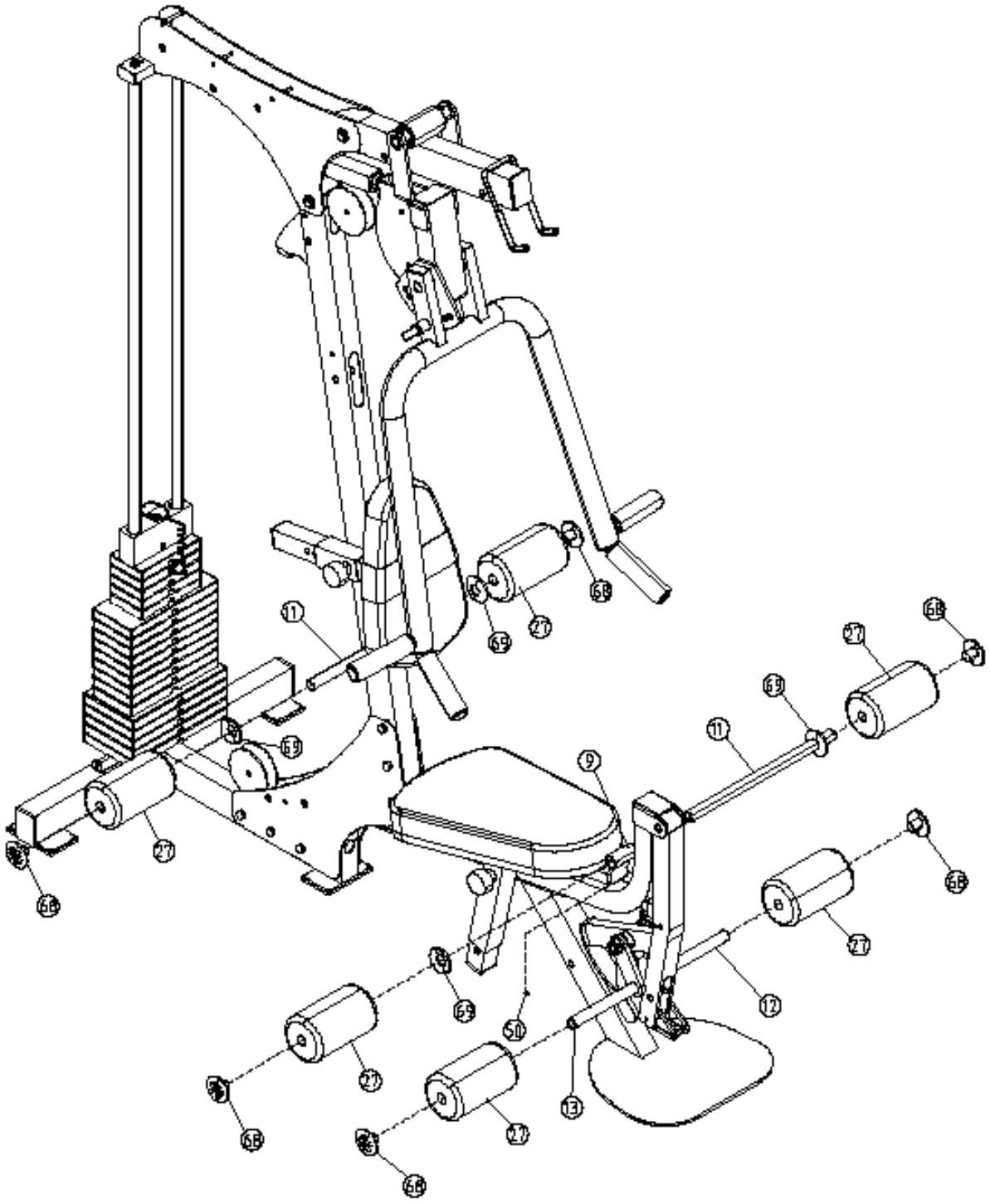
Install a Plastic Washer (69) onto each side of the Long Foam Tube (11).

Next, install Upholstered Roller Pad (27) onto each side of Long Foam Tube (11) and secure in place using Big Plug (68).

Repeat the above step for the Seat Pad Support (9).

Next, install Upholstered Roller Pad (27)onto each Foam Frame (12 & 13) and secure in place with Big Plug (68).

Figure 8

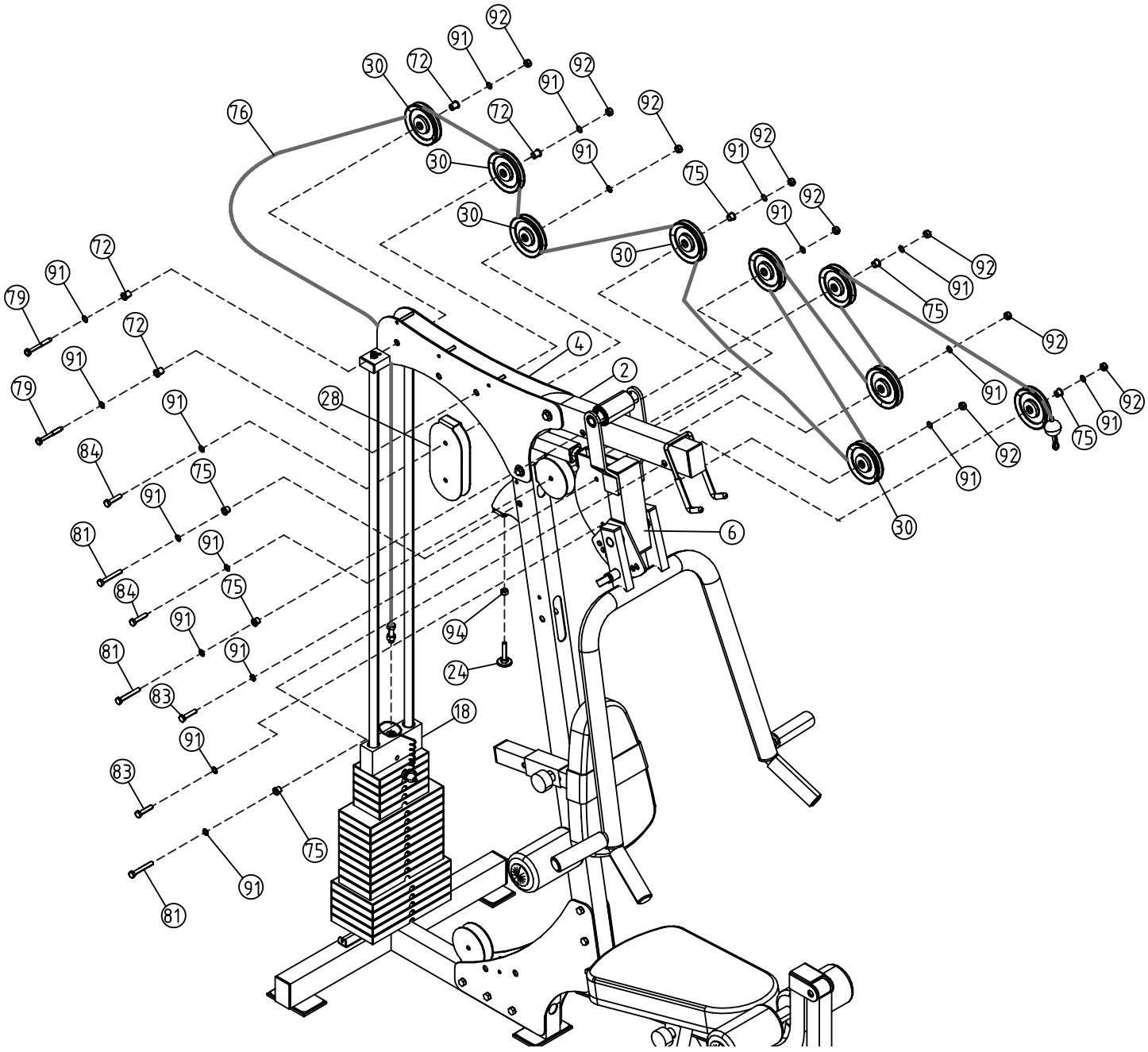


Step 9

Note: Stretch all cables out completely and make sure all twisting is removed before installing.
Install Chest Press Cable (76) as detailed in Figure 9. Follow dotted lines to identify exact location of pulleys.
Start by threading cable end into Top Plate (18).
You will need the following for installation:

Pulley (30) - Qty. 9
Cable (76) - Qty. 1
Nylon Locknut (92) - Qty. 9
Long Pulley Spacer (75) - Qty. 6
Longer Pulley Spacer (72) - Qty. 4
Bolt (79) - Qty. 2
Bolt (81) - Qty 3
Bolt (83) - Qty. 2
Bolt (84) - Qty.2
Washer (91) - Qty. 18

Figure 9

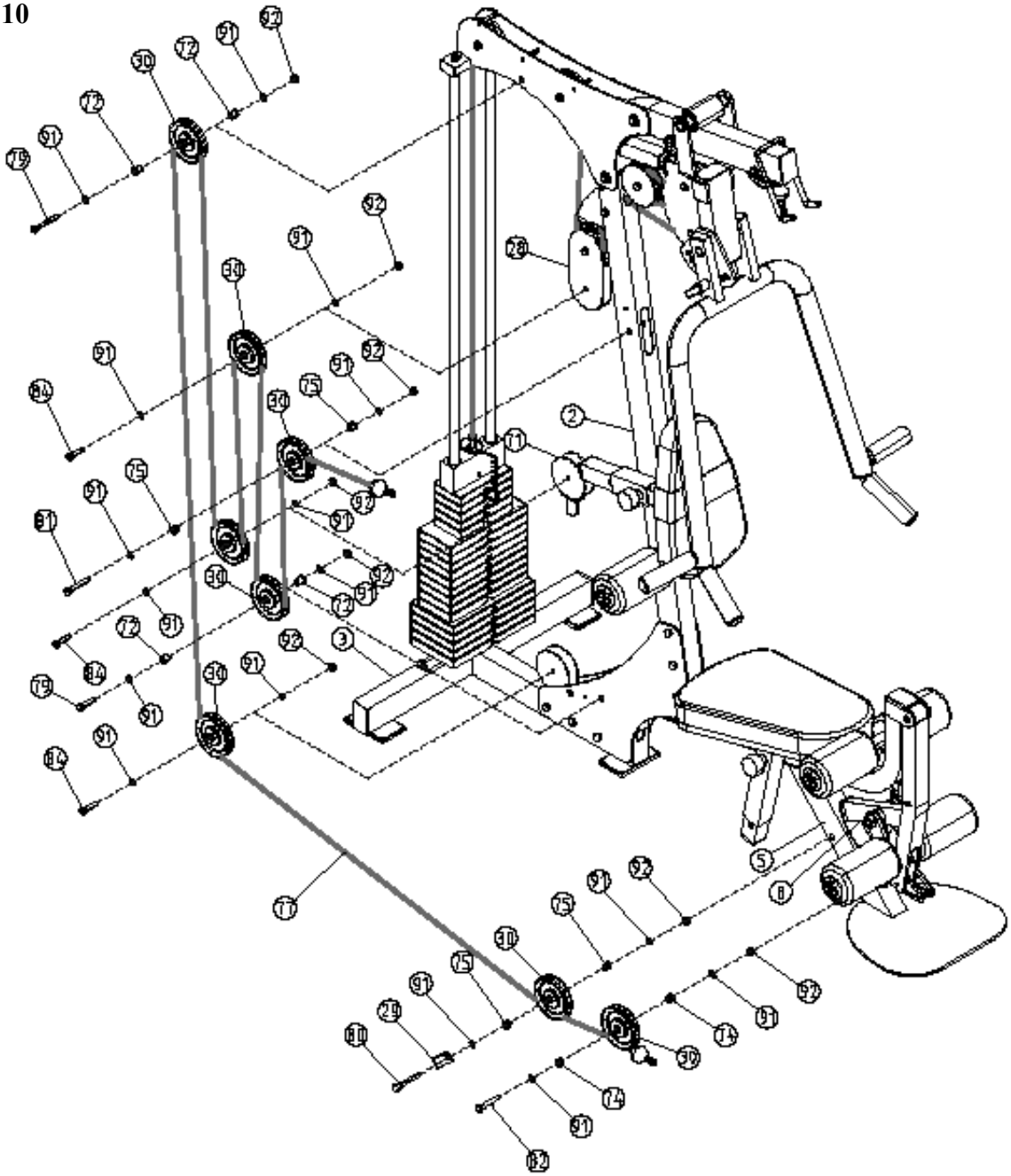


Step 10

Note: Stretch all cables out completely and make sure all twisting is removed before installing.
Install Mid Pulley Cable (77) as detailed in Figure 10. Follow dotted lines to identify exact location of pulleys.
Start by installing cable under the pulley at Leg Extension location.
You will need the following for installation:

Pulley (30) - Qty. 8
Cable (77) - Qty. 1
Nylon Locknut (92) - Qty. 8
Long Pulley Spacer (75) - Qty. 6
Longer Pulley Spacer (72) - Qty. 4
Short Pulley Spacer (74) - Qty. 2
Bolt (79) - Qty. 2
Bolt (80) - Qty. 1
Bolt (81) - Qty 1
Bolt (82) - Qty. 1
Bolt (84) - Qty. 3
Washer (91) - Qty. 18

Figure 10



Step 11

Note: This step is only used if you do not have the Leg Press 2 attachment. Use the Cable Adapter (70) in place of the pulley.

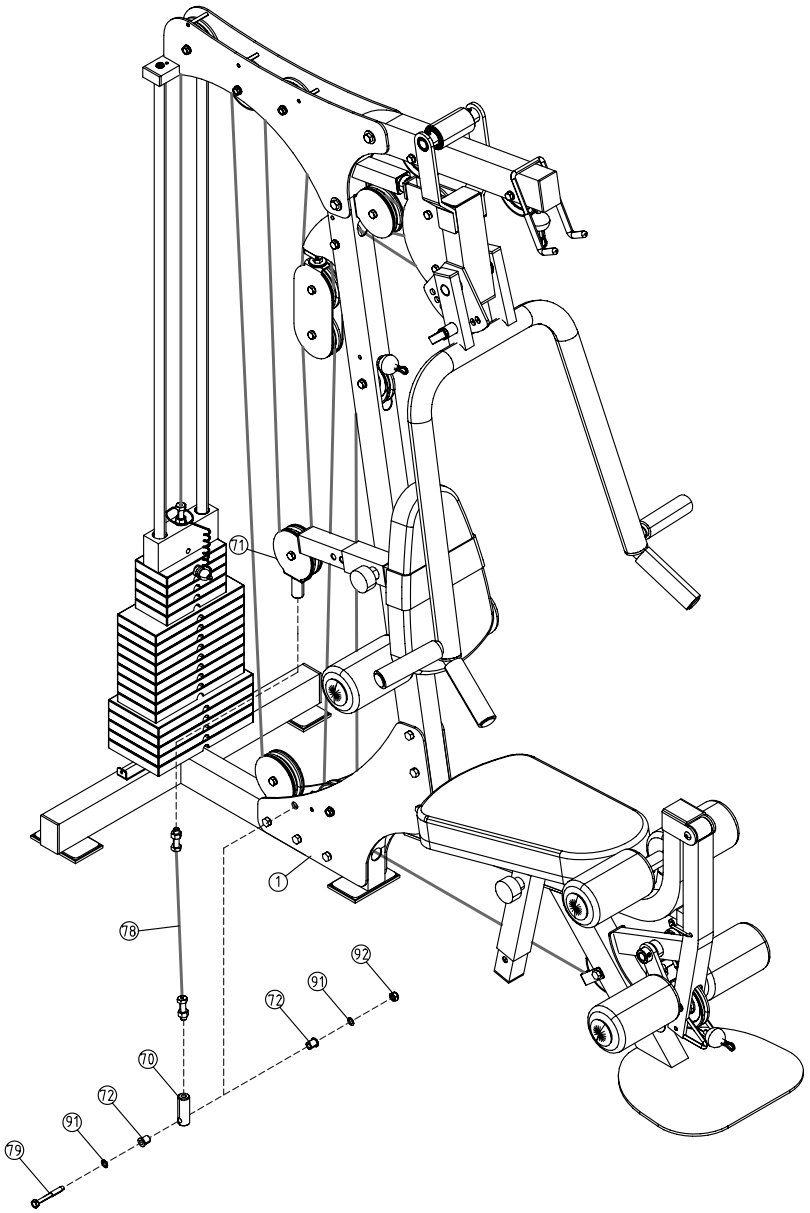
Note: Stretch all cables out completely and make sure all twisting is removed before installing.

Install Leg Press Cable Substitute (78) as detailed in Figure 11. Follow dotted lines to identify exact location of pulleys.

You will need the following for installation:

Cable Adapter (70) - Qty. 1
Longer Pulley Spacer (72) - Qty. 2
Cable (78) - Qty. 1
Bolt (79) - Qty. 1
Washers (91) - Qty. 2
Nylon Locknut (92) - Qty. 1

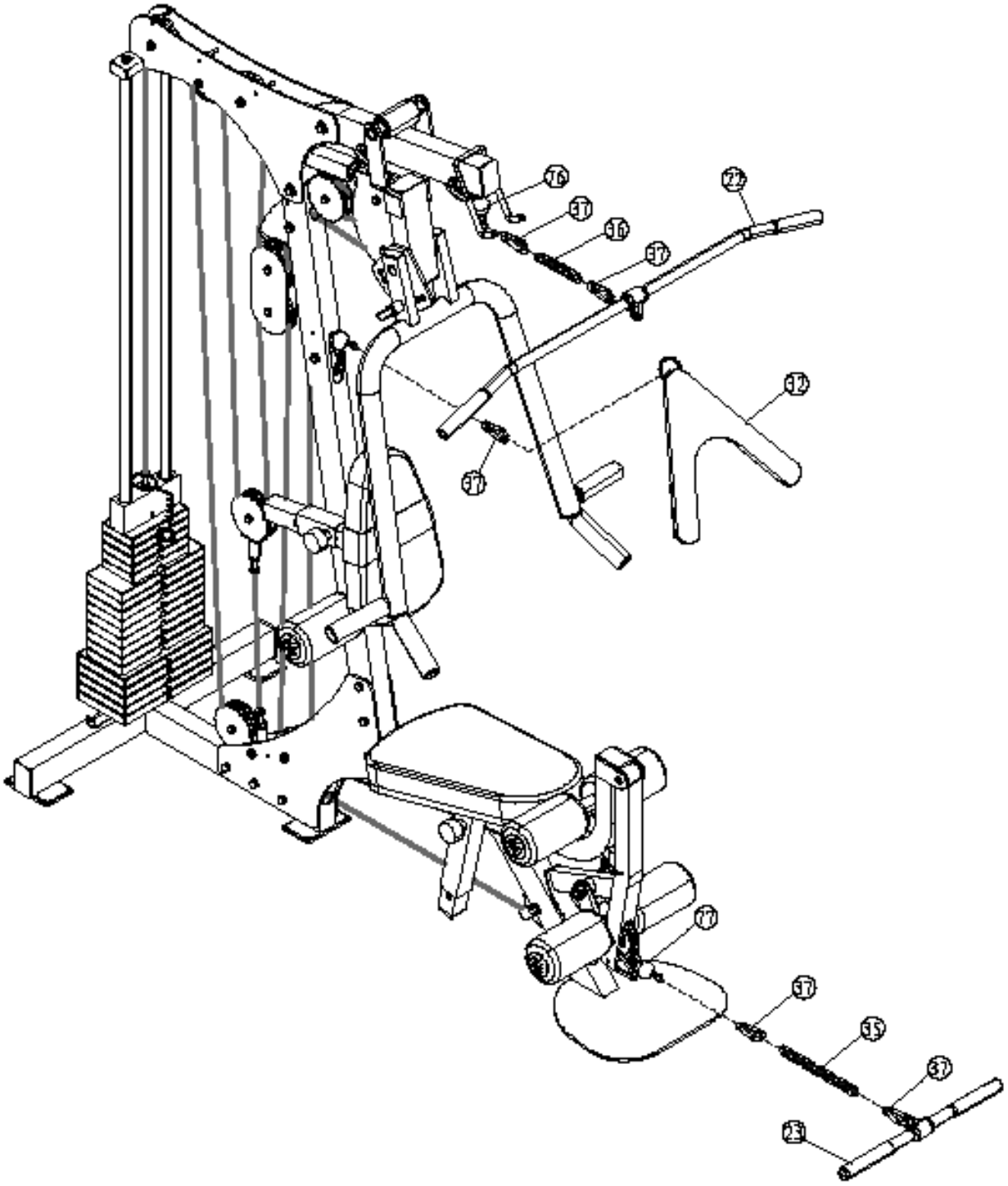
Figure 11



Step 12

Connect Long Lat Bar (22) to the Chest Press Cable (76) using two Gear Hooks (37) and Short Chain (36).
Connect Ab Strap (32) to Mid Pulley Cable (77) using one Gear Hook (37).
Connect Short Lat Bar (23) to Mid Pulley Cable (77) using two Gear Hooks (37) and Long Chain (35).

Figure 12

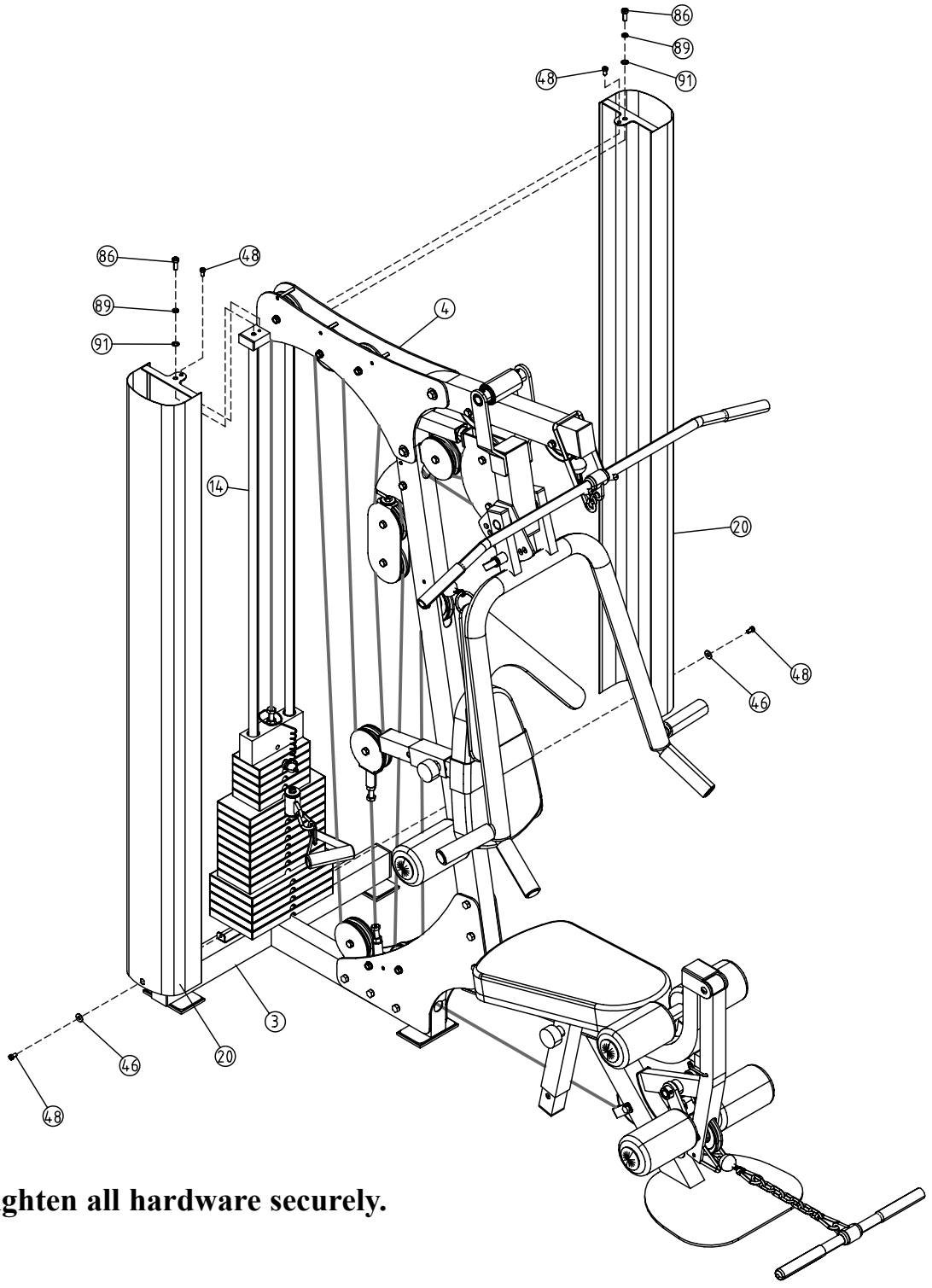


Step 13

Install Weight Shrouds (20) to each side of the Main Top Beam (4) using two Washers (91), two Spring Washers (89), and Allen Bolts (86 & 48).

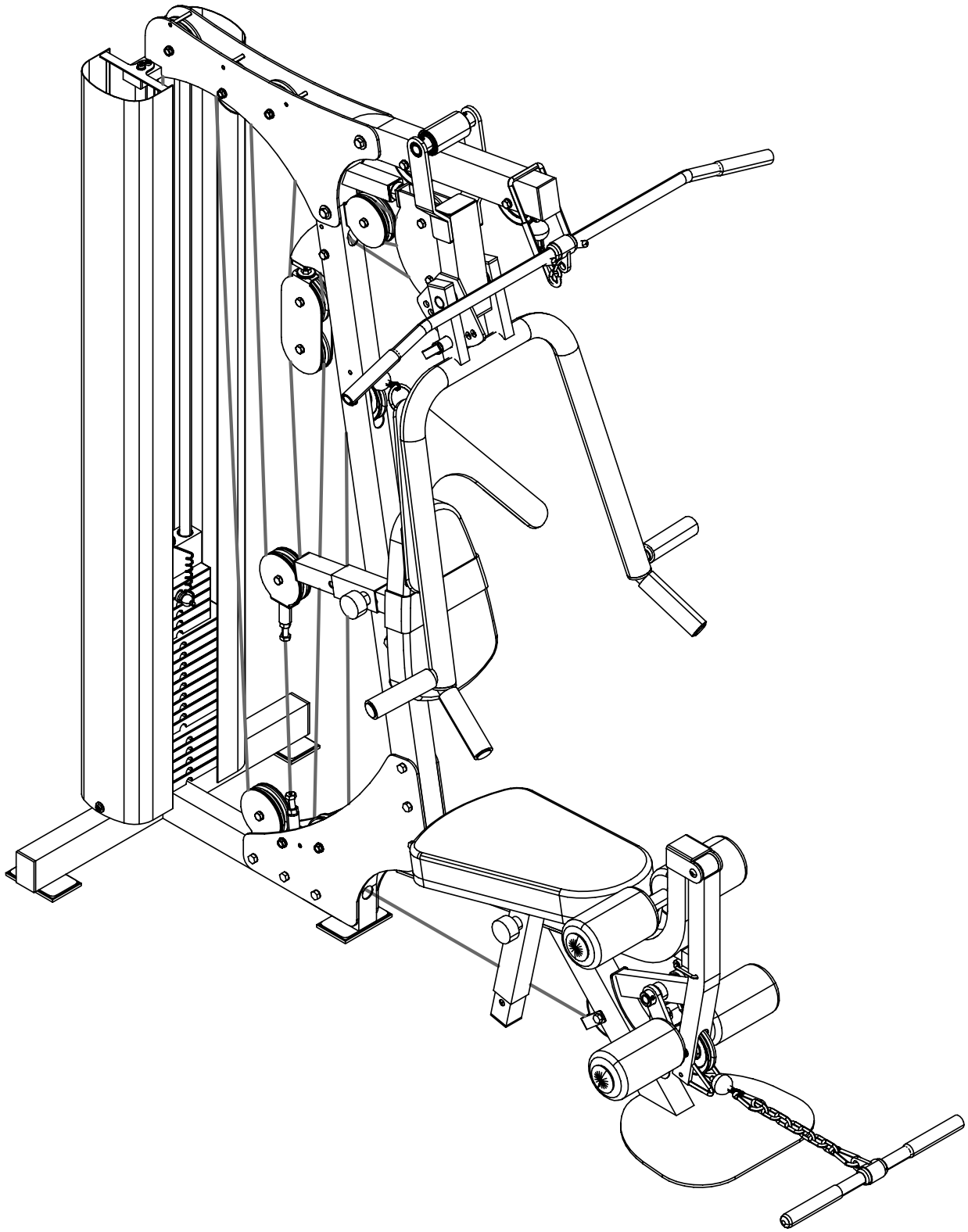
Secure the bottom portion of the Weight Shrouds (20) to the Rear Frame (3) using two Washers (46) and two Allen Bolts (48).

Figure 13

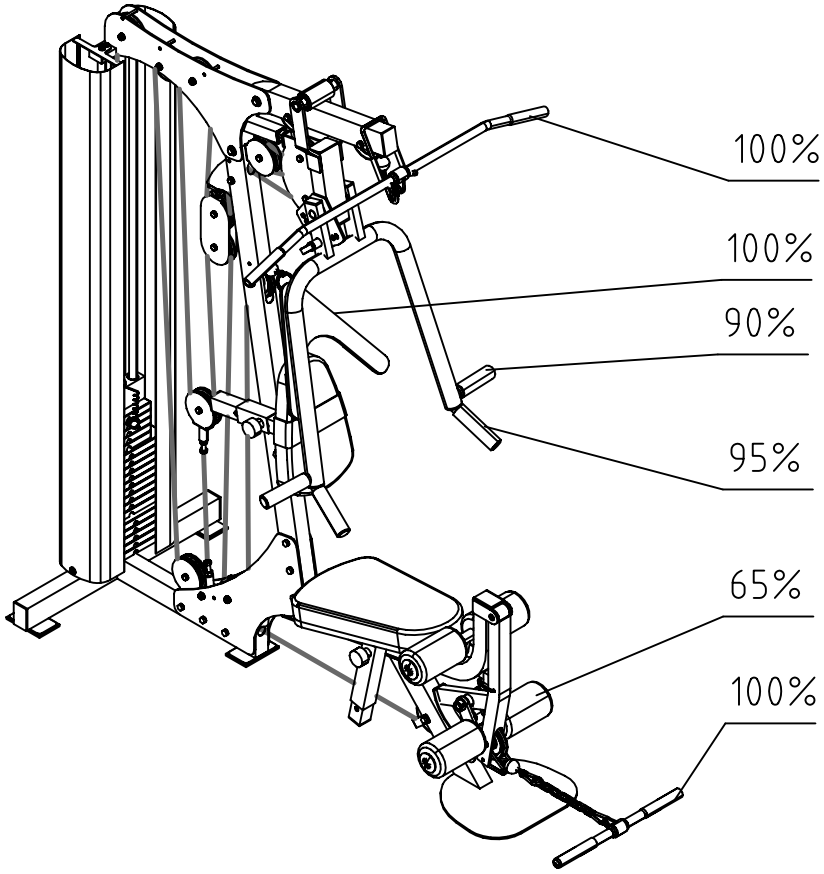


Note: Tighten all hardware securely.

Congratulations!
You have completed the assembly of your new KPS-1550.



Weight Ratios



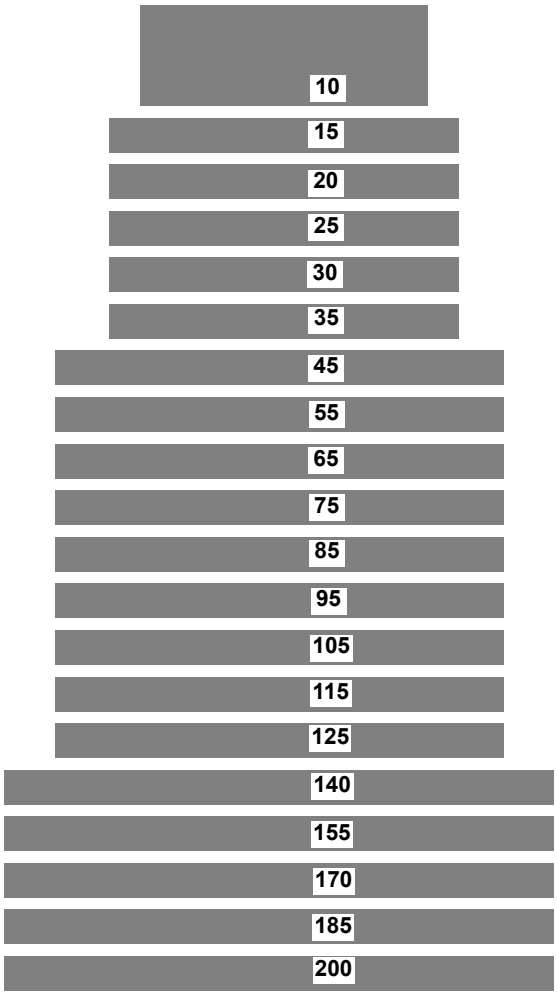
KPS-1550	WEIGHT RATIOS				
Weight(lbs)	**100%**	**95%**	**90%**	**65%**	**45%**
10	10	9.5	9	6.5	4.5
15	15	14.25	13.5	9.75	6.75
20	20	19	18	13	9
25	25	23.75	22.5	16.25	11.25
30	30	28.5	27	19.5	13.5
35	35	33.25	31.5	22.75	15.75
45	45	42.75	40.5	29.25	20.25
55	55	52.25	49.5	35.75	24.75
65	65	61.75	58.5	42.25	29.25
75	75	71.25	67.5	48.75	33.75
85	85	80.75	76.5	55.25	38.25
95	95	90.25	85.5	61.75	42.75
105	105	99.75	94.5	68.25	47.25
115	115	109.25	103.5	74.75	51.75
125	125	118.75	112.5	81.25	56.25
140	140	133	126	91	63
155	155	147.25	139.5	100.75	69.75
170	170	161.5	153	110.5	76.5
185	185	175.75	166.5	120.25	83.25
200	200	190	180	130	90

Weight Stack Sticker Placement

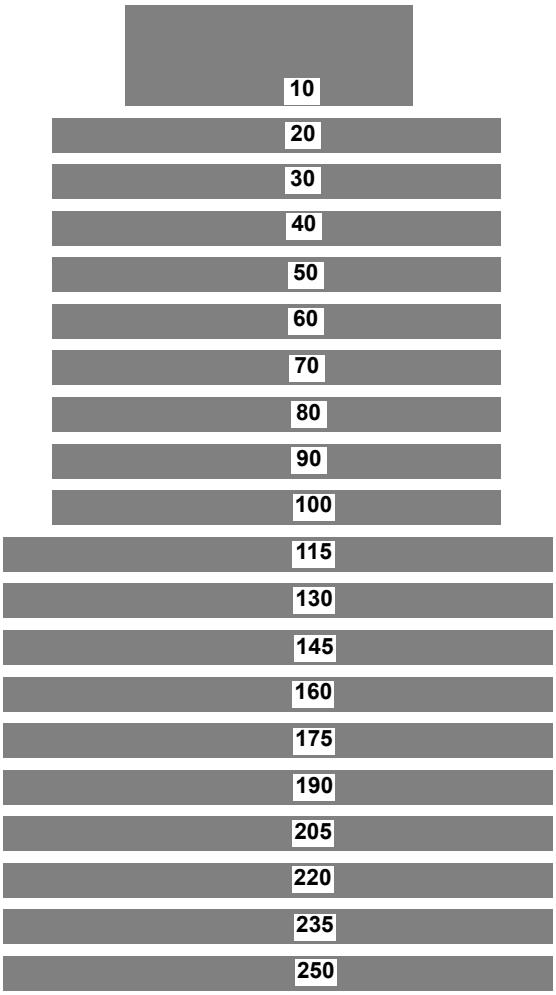
Your new POWER SYSTEM unit can be purchased with either a 200 LB or 250 LB weight stack. Depending on which weight stack you have purchased will determine which weight stack sticker numbers will be used.

The weight stack images below show which weight stack sticker numbers are to be used on your weight stack. Please note that these stickers should not be put on until the entire unit has been assembled and all bolts and nuts have been tightened.

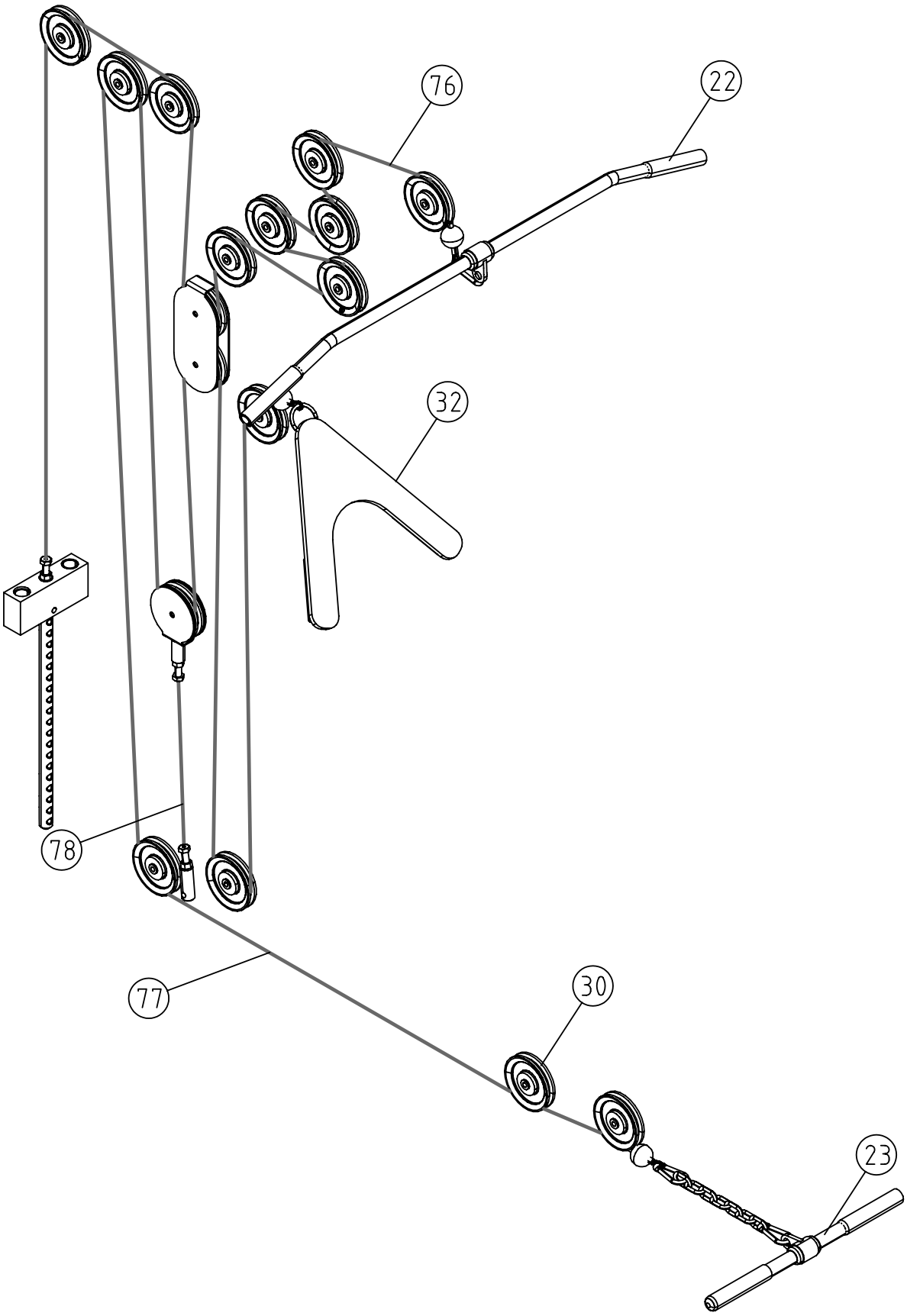
200 LB Stack



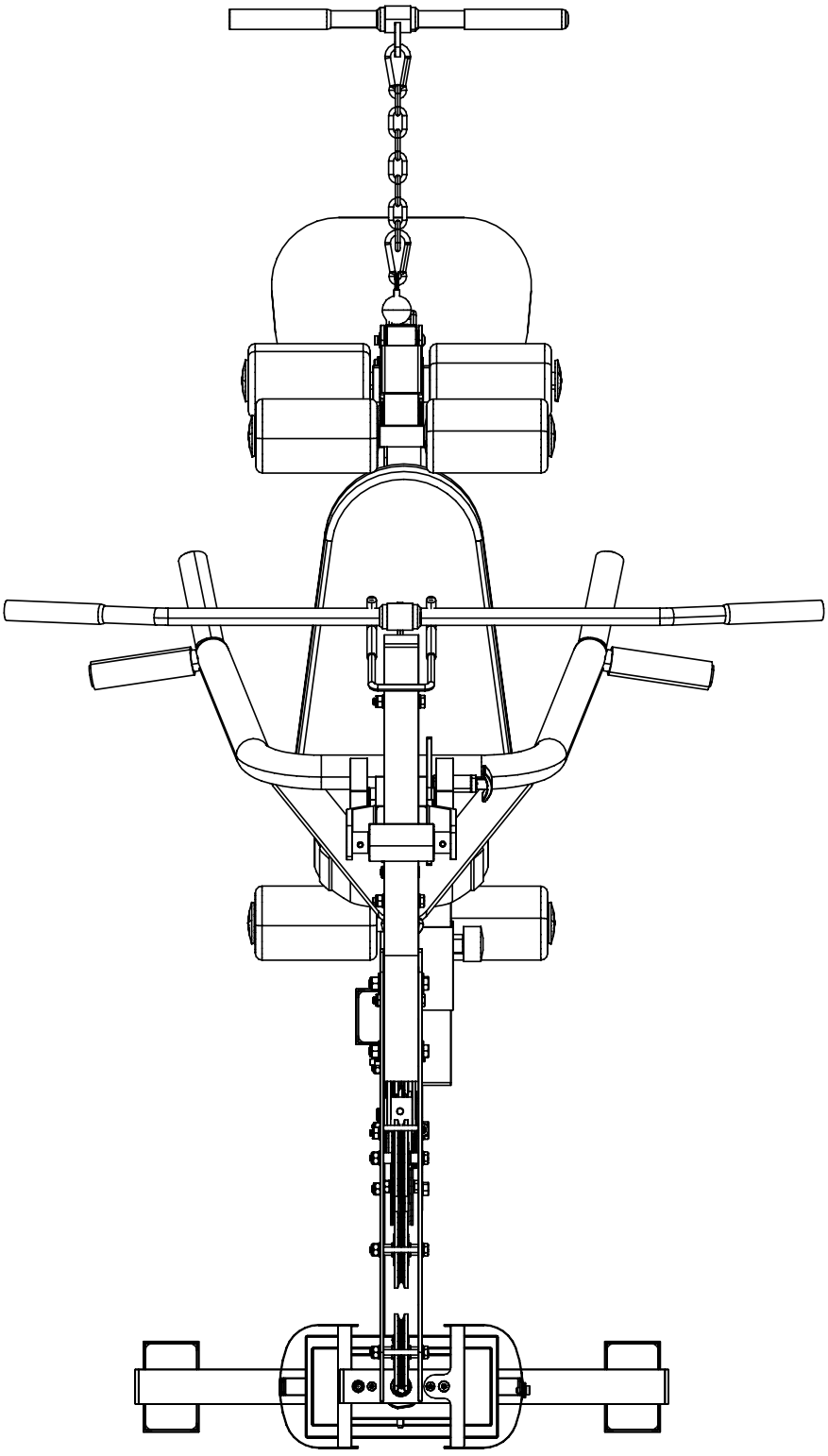
250 LB Stack



Cable View

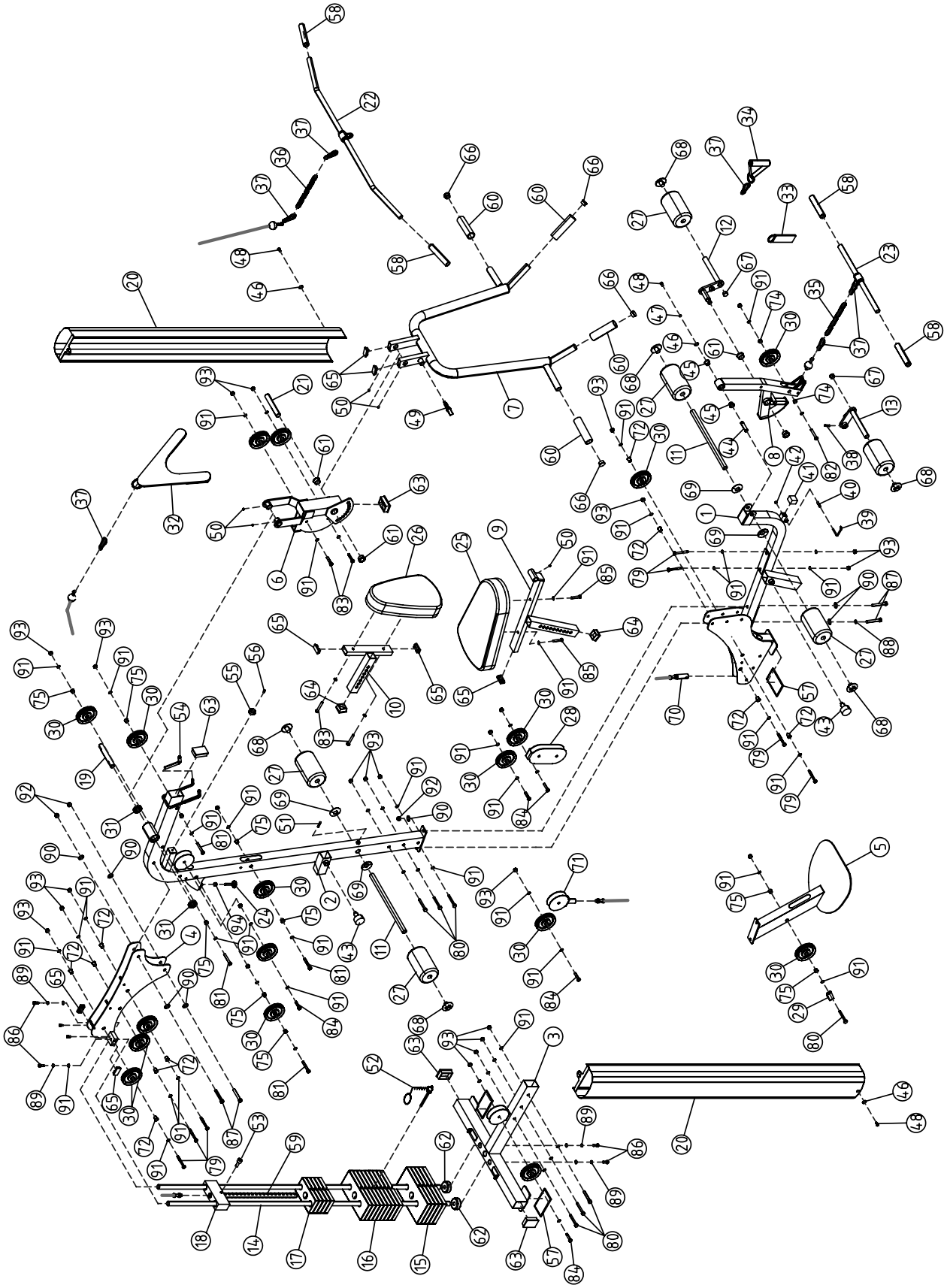


Top View



L73.8"×W47.4"×H83.5"

Exploded View



KPS-1550 Parts List

REF#	KEYS PART#	DESCRIPTION	QTY.	REF#	KEYS PART#	DESCRIPTION	QTY.
1	223-00254	Seat Pad Support Receptacle	1	50	202-00143	Screw M8*6	5
2	223-00255	Main Upright	1	51	202-00154	Allen Bolt M8*35	1
3	223-00256	Rear Frame	1	52	210-00002	Weight Pin	1
4	223-00238	Main Top Beam	1	53	202-00121	Screw Bolt M12*35	1
5	223-00248	Front Upright	1	54	206-00136	Rubber stopper	2
6	223-00239	Press Arm Support	1	55	206-00142	Nylon Stopper	1
7	223-00240	Press Arm	1	56	202-00131	Philip Screw M6*15	1
8	223-00244	Leg Extension Lever	1	57	206-00061	Base Pad	3
9	223-00257	Seat Pad Support	1	58	206-00135	Grip	4
10	219-00267	Telescope for Back Pad	1	59	219-00276	Selector Rod	1
11	219-00031	Long Foam Tube	2	60	206-00138	Handle Grip	5
12	219-00265	Foam Frame w/Shaft	1	61	202-00016	Bronze Bushing ID25.4	4
13	219-00266	Foam Frame w/o Shaft	1	62	206-00026	Weight Stack Bumper	2
14	223-00247	Guide Rod	2	63	206-00001	Plug76.2*50.8	4
15	219-00277	15LB Plate	5	64	206-00020	Plug44.5	2
16	219-00278	10LB Plate	9	65	206-00139	Plug50*25	5
17	219-00279	5LB Plate	5	66	206-00102	Plug32	4
18	228-00031	Top Plate	1	67	206-00138	Plug25	2
19	230-00019	Shaft for Chest Press	1	68	206-00141	Big Plug25.4	6
20	223-00246	Weight Shroud	2	69	206-00134	Plastic Wash	4
21	230-00018	Shaft for Chest Press Adjustment	1	70	210-00093	Cable Adaptor	1
22	223-00092	Long Lat Bar	1	71	219-00273	Pulley Bracket w/Shaft	1
23	219-00136	Short Lat Bar	1	72	202-00140	Longer Pulley Spacer	10
24	210-00097	Adjustable Stopper	1	73	214-00001	Decal Weight Number	1
25	228-00084	seat pad	1	74	202-00025	Short Pulley Spacer	2
26	228-00085	back pad	1	75	202-00071	Long Pulley Spacer	10
27	228-00077	Upholstered Roller Pad 100*22*180	6	76	229-00047	Chest Press Cable	1
28	219-00275	Pulley Bracket	1	77	229-00051	Mid Pulley Cable	1
29	219-00281	Cable Retainer Bracket	1	78	229-00049	Leg Press Cable Substitute	1
30	223-00228	Pulley	17	79	202-00082	Bolt M10*80	7
31	202-00024	Bearing ID25	2	80	202-00081	Bolt M10*75	7
32	210-00060	Ab Strap	1	81	202-00083	Bolt M10*70	4
33	210-00059	Ankle Strap	1	82	202-00087	Bolt M10*65	1
34	210-00061	Lat Strap	1	83	202-00085	Bolt tM10*50	4
35	210-00091	Long Chain	1	84	202-00086	Bolt M10*45	5
36	210-00092	Short Chain	1	85	202-00125	Allen Bolt M10*50	2
37	210-00008	Gear Hook	6	86	202-00087	Allen Bolt M10*25	4
38	202-00146	Slip Tension Pin	1	87	202-00126	Allen Bolt M12*80	4
39	202-00147	“U” Shape pin	1	88	202-00135	Spring Wash 12	1
40	202-00144	Small Spring	1	89	202-00100	Spring Wash 10	4
41	206-00099	End Cap Bumper	1	90	202-00127	Washer13*24*1.5	7
42	202-00142	Nylon Lock Nut6	1	91	202-00128	Washer11*20*2	62
43	210-00096	Pop Pin (Locking)	2	92	202-00092	Nylon Lock Nut12	3
44	230-00017	Shaft for Leg Extension	1	93	202-00091	Nylon Lock Nut10	26
45	202-00141	Bronze Bushing ID16	2	94	202-00129	Regular Hex Nut10	1
46	202-00137	Wash 9*22*2	3	95	202-00132	Hex Key 6	1
47	202-00134	Spring Wash 8	1	96	202-00133	Hex Key 4	1
48	202-00136	Allen Bolt M8*15	5	97	210-00091	Lubricant	1
49	210-00095	Pop Pin	1				

Warranty Information

KEYS FITNESS PRODUCTS, L.P.
POWER SYSTEM SERIES
LIFETIME WARRANTY

This Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is lifetime of the original purchaser.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include grips, chains, cables, pads, upholstery, pulleys, bearings, etc. Please contact a Keys customer service representative for specifics on wear items. This Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing and must be assembled / installed according to the instructions included with the Product.

In a light institutional setting, Keys will extend a one year warranty to the the original purchaser.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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